
The Navy Public Affairs Library
A service of the Navy Office of Information, Washington DC
end feedback/questions to comments@chinfo.navy.mil
The Navy Public Affairs Library is found on the Internet at
<http://www.chinfo.navy.mil>

Navy & Marine Corps Medical News (MEDNEWS)
#97-03
16 January 1997

This service distributes news and information to
Sailors and Marines, their families, civilian
employees, and retired Navy and Marine Corps families.
Further dissemination of this e-mail is encouraged.

Headlines this week include:

(97020) Navy Doc "Sails" Aboard Mir
(97021) Special Pay Changes For Dental Corps Officers
(97022) Lejeune Satellite Reduces Glasses Wait For Marines
(97023) Shipboard Sailors Who May Need Care Most Don't
Seek It
(97024) MSC Officer Honored with Namesake Award
(97025) Corpus Christi Employee's Changed Routine Saves Life
(97026) Lejeune Team Provides Warmth to Kids in Need
(97027) TRICARE Question and Answer
(97028) Healthwatch: If You Get Burned ...

-usn-

Headline: Navy Doc "Sails" Aboard Mir

Orbiting Earth--When American astronaut John Blaha,
aboard the Russian space station Mir, caught his ride back
home aboard the shuttle Atlantis, the astronaut who took his
place wore Navy blue.

Navy CAPT Jerry Linenger, MC, plans to spend 132 days
in space aboard the space lab before returning to Earth
aboard Atlantis in May.

Until recently, Linenger was in Star City, Russia, the
training site for astronauts and Russian cosmonauts who will
serve on Mir. Linenger will conduct experiments on the
station that include the effects prolonged space travel has
on the human immune and cardio-vascular systems as well as
on sensory perception, sleep, and interpersonal
interactions. His own body will be his laboratory.

"You can basically consider me the payload for the
shuttle," said Linenger, referring to the research
equipment, supplies and other materials Atlantis is carrying
to Mir.

Linenger's expedition aboard Mir is part of a four-
year, 11-flight program between the U.S. and Russia to build
joint space experience and conduct joint research.

A veteran of the space program, Linenger flew aboard
the shuttle Discovery in 1994.

-usn-

Headline: Special Pay Changes For Dental Corps Officers
Washington, DC--A recently released NAVADMIN announced increases in variable special pay, additional special pay and board certified pay for junior dental officers that became effective Oct. 1, 1996.

Although administration of the dental officer special pay program remains unchanged, NAVADMIN 002/97 lists changes in the rates, discusses general eligibility and outlines each of the pays, including a special pay for reserve dental officers.

In addition, the NAVADMIN defines creditable service, recoupment and other key aspects of the special pay program.

Questions should be referred to Bureau of Naval Personnel (BUPERS), Pers-205C at (703) 695-2974, DSN 225-2974 or the Bureau of Medicine and Surgery (BUMED) Special Pays Division, Code 525, at (202) 762-3362, DSN 762-3362.
By LT Lydia Robertson, Bureau of Naval Personnel

-usn-

Headline: Lejeune Satellite Reduces Glasses Wait For Marines
Lejeune, NC--Eyeglass-wearing Lejeune Marines, attention! Your wait for glasses has just been reduced.

The Naval Ophthalmic Support and Training Activity (NOSTA) in Yorktown, VA, opened a satellite optical service unit on Marine Corps Base Camp Lejeune late last month, joining four other East Coast satellite units.

Other satellite units are at Naval Base Norfolk, VA; Naval Amphibious Base Little Creek, VA; Naval Air Station Pensacola, FL; and Naval Station Mayport, FL.

"At Camp Lejeune, or at any of these satellite units, a patient can walk in with his or her eyeglass prescription and walk out a half hour later with a new pair of glasses," said HMC George Hoover of NOSTA.

Only the old style glasses are being fabricated at Camp Lejeune, but frames of choice are available at the other satellite sites. Different styles will be available at the Lejeune site once the Marines Corps determines which styles they would like to make available to their personnel.

One or two Navy opticians are at each site. Among the five sites, more than 4,200 pairs of eyeglasses will be fabricated per month.

By Jan Davis, Bureau of Medicine and Surgery

-usn-

Headline: Shipboard Sailors Who May Need Care Most Don't Seek It

Sailors on ships who may benefit the most from health care are the most reticent to get it, says a study recently completed by researcher CAPT Lucy Newmark Sammons, NC.

Sammons, a Naval Reservist, developed and administered a questionnaire that gathered demographic information, health services usage, and perceived stress from 365 Sailors (171 women and 194 men) who were deployed on an aircraft carrier.

Sammons found that 53 percent of the respondents said they were hesitant about seeking health care aboard the ship for reasons ranging from "it takes too long to be seen" to "people on the ship will know." These same Sailors also had the highest levels of tobacco use and perceived stress, and lowest feelings of well being.

"I didn't find any difference between men and women when it came to stress levels and feelings of well being," said Sammons. She thought this was a good indicator that women were well-integrated into shipboard life.

According to Sammons, the only significant difference in responses between men and women was women responded much higher that "people on the ship will know" was a reason they didn't seek care.

What can be done to get people who may benefit the most from care to seek it?

"That's a very important question, and one that will take more thought and more study," said Sammons. "That's probably the next step to research."

Sammons' research was funded by the Department of Defense.

By Jan Davis, Bureau of Medicine and Surgery

-usn-

Headline: MSC Officer Honored with Namesake Award

Bremerton, WA--LT Ronald Martel, MSC, received a distinct honor recently when he received the first of what will now be an annual award named for him.

Martel received the Ronald Martel Leadership Award from the Healthcare Management Association of Guam (HMAG) for exceptional leadership in "promoting education, communication and managerial techniques" in support of health care on Guam. It was presented at a dinner held in his honor just before he transferred to his new job at Naval Hospital (NH) Bremerton, WA.

The HMAG is a group of Guamanian health care providers and business people who credit Martel with major improvements in communication between doctors, hospitals and patients.

Martel is now the head of food services at NH Bremerton.

By JOSN Jose' Blanco, NH Bremerton.

-usn-

Headline: Lejeune Team Provides Warmth to Kids in Need

Camp Lejeune, SC-- Medical Service Corps (MSC) officers and chaplains at Naval Hospital (NH) Camp Lejeune teamed up to bring warmth to needy kids in their community recently.

The team held a winter "Coats for Kids" campaign, collecting used, serviceable winter coats for distribution to children. More than 300 coats were donated, doubling last year's count.

MSC officers promoted the coats program weeks in advance, and then, coordinated by the efforts of LTJG Chuck Olson and ENS Jennifer Cyr, manned a collection table at Navy and Marine Corps Exchange at Camp Lejeune. The

Exchange helped with the project by providing a 25 percent off coupon to patrons for a new coat if they donated an old coat.

According to Olson, one woman was so touched by the coats program that she walked into the Exchange, bought a child's coat, and immediately donated it.

"A child deserves a new coat," she said.

Several other anonymous individuals left new coats, the receipt still on the bag, in the depository box at the hospital.

The hospital's chaplains distributed the coats to the Salvation Army and other local organizations.

Olson and Cyr are already planning for next year's "Coats for Kids."

-usn-

Headline: Corpus Christi Employee's Changed Routine Saves Life

Corpus Christi, TX--For Thomas Cisneros, a clerk at Naval Hospital (NH) Corpus Christi, TX, Sundays followed a routine. First church. Then a visit to his mother's house. But on this Sunday, with a coupon in hand, he stopped at the grocery store to pick up a box of cereal. Yvonne Gonzalez thanks heaven he did.

"He saved my son's life," said Gonzalez.

Gonzalez and her 1-year-old-son Baldezar were at the grocery store when the baby had a seizure and stopped breathing.

"It wasn't five minutes I was in the store when this lady screamed an ugly, awful, life-threatening scream," said Cisneros. By the time Cisneros got to the baby, he was "purple and blue." He thought maybe the child was choking on a piece of candy and attempted to dislodge it, but found that candy wasn't the culprit; the baby had swallowed his tongue. He moved the baby's tongue and began administering CPR.

Four long breaths later, the baby began to cry.

"Everybody started clapping and saying I did a good job. I just stood up and said, 'Thank you, Lord,'" said Cisneros.

Cisneros has worked as a civilian at NH Corpus Christi for 19 years. Along with all the other hospital employees, he takes a cardiopulmonary resuscitation course every two years. This is the second time he has used his training -- and the first time he has used it on a child.

"I was there at the right time," said Cisneros.

-usn-

Headline: TRICARE Question and Answer

Question: When will mail service pharmacy be available in Europe?

Answer: Mail service pharmacy will be available to active duty members and TRICARE (CHAMPUS) eligible beneficiaries in Europe and other overseas locations beginning in Fall 1997.

Two important restrictions will pertain for overseas

beneficiaries who use the mail order program. Federal and state pharmacy laws require that all prescriptions filled in U.S. civilian pharmacies must be written by U.S. licensed physicians. Therefore, the only prescriptions from outside the U.S. that can be honored by the mail order contractor are those written by MTF physicians. In addition, prescriptions mailed overseas must remain within the U.S. postal system (e.g., APO or FPO) and may not be mailed to local national addresses.

-usn-

Headline: Healthwatch: If You Get Burned ...

Even the most cautious of kitchen mechanics can get scalded or splattered with boiling water or hot oil. If it happens to you, here's what to do if you get a minor burn.

1. Immediately put the burned area under cold running water, or apply a clean cloth that's been soaked in cold water. If you don't have either of the above, any cold liquid (e.g., iced tea, soda pop, milkshake) can be poured on the burn. Applying ice directly to the burn isn't recommended -- sometimes it causes more harm than help by freezing the tender skin of the wound.

2. Keep the cold water or cloth on the burn until the pain stops.

3. Do NOT apply any medicine or ointment to the burn - especially, do not apply butter, lard or other fat.

4. Put a non-stick bandage on the burn. If there are blisters, try not to pop them. The skin over the blister acts as a natural bandage that helps prevent infection.

5. See a doctor immediately if it's a bad burn, or if it covers a large area of your body.

>From the American Medical Association Handbook of First Aid and Emergency Care

-usn-

Note: Feb. 2-8 is National Burn Awareness Week, established to increase awareness of burn treatment, research and most important, prevention.

-usn-

Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail address mednews@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.

□